My Bones

Count: 80 **Wall:** 2 **Level:** Intermediate / Advanced
Choreographer: Rhoda Lai (CAN) - March 2023
Music: Bones - Imagine Dragons

Intro: 4 Counts Restart: Wall 3 after 16 counts (12:00)

S1 R Dorothy, L Lock steps, R Forward Rock, Shuffle ½ R

12&	Step R to R diagonal, step L behind R, step R slightly forward
3&4	Step L to L diagonal, step R behind L, step forward L (11:30)
56	Rock forward R, recover onto L
7&8	½ R stepping R forward, step L behind R, step R slightly forward (4:30)

S2 L Cross, R Back, L Chasse ¼ L, (R Pivot ½ L) X2, Clap X2

12	Cross L over R, step R back (pushing hips back, squaring back to 3:00) (3:00)
3&4	Step L to L side, step R beside L, ¼ L stepping L forward (12:00)
56	Step forward R, pivot ½ L (6:00)
7&8	Step forward R, pivot ½ L recovering on to L and clap, clap (12:00)

S3 R Scuff Out Out, Knee Pops R, L, Chasse ¼ L. R Pivot ¼ L

1&2	Scuff R, step R to R side. Step L to L side
34	Pop R knee in towards L, Pop L knee in towards R
5&6	Step L to L side, step R beside L, ¼ L stepping L forward (9:00)
78	Step forward R rolling hips counter-clockwise, ¼ L recovering onto L (6:00)

S4 R Forward Rock, Out Out In In, R Pivot ½ L, ½ L Point, Touch (Easier option: Rocking Chair)

12&3&4	Rock forward R, recover onto L, step R to R side, step L to L side, step R to the center, step L next to R
5678	Step forward R, pivot ½ L, ½ L point R to R side, touch R next to L

(Easier alternative for 5678: Rock forward R, recover onto L, rock back R, recover onto L)

S5 R Stomp, Hold, Cross Arms, Hold, ¼ L, Fist Punch, Hold, Fist Punch, Flick R

12	Stomp R to R side bending elbows at 90 degrees to the sides with fists closed, hold
&34	Cross arms in front of chest, bring elbows back to the sides (as in count 1), hold
56	¼ L lean body forward and lower L arm at chest level while punching R fist above L arm, hold (3:00)
&78	Pull R arm back, Punch R fist under L arm, flick R foot back

S6 R Forward, Hold, Drop, Drop, Pivot ½ L, ¼ L Out, Out, (Knee pops x2)

12&3	Step forward R, hold, bend both knees, further drop body level with weight remain on R
456	Pivot ½ L, ¼ L stepping R to R side, step L to L side (6:00)
&7&8	Pop both knees, lower heels slapping hands on thighs, repeat Count “&7” ending weight on L

S7 Upper Body Sway RLR, Close L Kick R, R Cross Shuffle, Press L, Recover R Kick L

1234	Step R to R side swaying upper body to R, sway L, sway R, step L the center while kicking R to the side
5&6	Cross R over L, step L to L side, Cross R over L
78	Press L to L diagonal, recover onto R kicking L forward

S8 L Behind, R Side, L Cross shuffle, R Back, Chasse L, Cross R, Unwind ½ L

1&2&34	Step L behind R, step R to R side, Cross L over R, step R to R side, Cross L over R, step R back

5&678	Step L to L side, step R beside L, step L to L side, cross R over L, unwind ½ L ending weight on L (12:00)

S9 Toe switches, Knee pops, Heel Switches, Hip Lift

1&2&3&4	Point R to R side, step R beside L, point L to L side, step L beside R, point R to R side, pop both knees, lower heels
&5&6&7	Step R beside L, touch L heel forward, step L beside R, touch R heel forward, step R beside L, touch L heel forward
&8&	Push hips forward, push hips back, step L beside R

S10 Syncopated Forward Rock R L, R Pivot ½ L, ½ L, ½ L

12&34&	Rock forward R, recover onto L, step R beside L, rock forward L, recover onto R, step L beside R (6:00)
5678	Step forward R, pivot ½ L, ½ L stepping R back, ½ L stepping L forward (6:00)

Ending: After 32 counts in Wall 5, step R to R side and bend elbows at 90 degrees to the side with fists closed

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